

A Public Health Framework for CDC-State Arthritis Prevention Programs

Target Population:

Persons affected by arthritis

Arthritis:

Diagnosed arthritis, symptoms of arthritis or chronic joint symptoms

Overall Program Goal:

Increase quality of life among persons with arthritis

Immediate Effects:

Increase:

- awareness of the signs, symptoms, and management options of/for arthritis
- awareness of the need for early diagnosis and appropriate management
- inclusion of self management as part of routine medical care for arthritis
- participation in self management programs among persons with arthritis

Short Term Goals:

- increase early diagnosis and appropriate management
- improve/increase self management attitudes and behaviors among persons with arthritis

Long Term Goals:

- decrease pain and disability among persons with arthritis
- improve physical, psychosocial and work function among persons with arthritis